Fatigue Relieving Support For Steering Wheels and the Like ABSTRACT

A system and method for relieving and preventing fatigue caused by extended gripping of a vehicle/vessel steering wheel. The system includes a first section that attaches to the rim of the steering wheel at a predetermined location and a rigid, semi-rigid, or flexible second section that connects to, and extends outwardly from, the first section. The second section supports a portion of the body such as wrists, hands, and forearms.